SHOPPERS DRUG MART
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SECRET'S OUT

THE LONDON INDIE ROCK BAND SO YOUNG FINDS INSPIRATION IN DREAMS AND THE SUBCONSCIOUS. BUT THE CAT'S ABOUT TO LEAP OUT OF THE BAG WITH THE RELEASE OF THEIR FIRST ALBUM

PAGE 7

Put on your bright whites

Turns out a smile really can be your umbrella. Learn how healthy teeth can protect you from disease PAGE 14

On with the showing

Selling your house, or looking to buy one? Follow our tips to make that all-important good first impression at an open house PAGE 19

Matthews vows probe of diluted chemo drugs

Underdosing. Patients urged to see their oncologists, and LHSC has set up a hotline

ANGELA MULLINS
angela.mullins@metronews.ca

Health Minister Deb Matthews called for patience on Wednesday as investigators try to figure out how watered-down chemotherapy drugs made their way into four Ontario hospitals.

Of the 1,000 or so patients affected, 665 were receiving treatment at London Health Sciences Centre, according to Cancer Care Ontario. The flawed medicine — diluted by up to 20 per cent — has been in use at the hospital since March 2012, the agency said.

People deserve answers, and they will come, Matthews vowed.

"This is a heavily regulated part of health care, but, clearly, something went wrong," she told Metro. "What we need to do is identify what happened … (and) make sure it doesn't happen again."

Officials at the Ontario College of Pharmacists were at Marchese Hospital Solutions in Mississauga as the investigation began. The company, which prepared the drugs for hospitals, didn't respond to requests for comment.

"We must emphasize … there was never any question of a 'defective' medication," a statement on its website reads. "This issue involves only the volume and concentration of a high-quality preparation, and those exist within very narrow boundaries of variation. Those variations were the result of the use of our preparation, which according to our current understanding was not consistent with the contract, the preparation or its labelling."

Patients who received the affected doses have been told to get in touch with their oncologist to discuss treatment plans. LHSC has set up a hotline — 519-685-8805 — to field calls.

Several oncologists have weighed in, saying the impact on patients was likely minimal, Matthews said.

She said she learned about the problem over the weekend, days after a hospital pharmacy technician discovered the error.

Other Ontario hospitals that administrated the drugs are in Windsor, Peterborough and Oshawa. A New Brunswick hospital also was affected.

WITH FILES FROM THE CANADIAN PRESS

A doctor weighs in

"My gut instinct as an oncologist and speaking very generally, it is probably of very minimal impact, but every patient would have to be evaluated individually."

Dr. Eshwar Kumar, CEO, New Brunswick Cancer Network

Class action

- London law firm Siskinds has joined lawyers in Windsor to launch a class-action suit against Marchese.
- "We believe that through this class action, the defendant will be required to account for the problem with these drugs, explain to Canadian patients how this problem occurred and compensate those affected," Siskinds lawyer Mike Peerless said in a statement.

RHAPSODY IN BLOOMS

Elanna Pecherle, 21, of Brampton, models a dress made of origami and satin on Wednesday as she and other students in Fanshawe College's fashion-merchandising program prepare for a Calendar Girls-themed runway show. Fashions are made of recycled materials and built around the seasons, with the dress Pecherle is wearing representing May flowers. The show starts at 8 p.m. on Thursday at London Music Hall. Tickets are $20, with proceeds going to Itsy, a non-profit that helps families with kids in intensive care at Children's Hospital. ANGELA MULLINS/METRO

NEWS

Algerian terrorist attack

Another London South alumnus tied to terror suspects: Reports

A third Londoner has been thrust onto the international stage after media reports linked him to two local men killed in a January terrorist attack.

Aaron Yoon accompanied Ali Medlej and Xristos Katsiroubas when they went overseas, according to reports from CBC. All attended London South Collegiate Institute in their teens.

Yoon ended up in a North African jail before the others helped carry out an al-Qaida-led attack at an Algeria gas plant, the reports say.

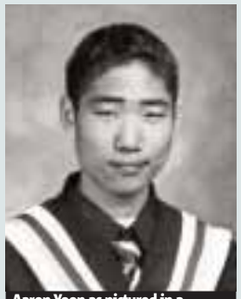
Yoon's family, however, says that while the young man had indeed travelled overseas with Medlej, he wasn't thought to be in jail.

A fourth Londoner is also believed to have made the trip.

Medlej and Katsiroubas were among those found dead at the plant, according to the reports.

Thirty-eight hostages and 29 militants were killed as a result of a four-day siege at the facility.

THE CANADIAN PRESS



Aaron Yoon as pictured in a London South Collegiate Institute yearbook. MARK SPOWART/FOR METRO

PM's wife visits the Forest City

Laureen Harper, left, greets fourth-year Brescia University College student Leenat Jilani as she arrives for a tour of the school Wednesday. Harper, the wife of Prime Minister Stephen Harper, is making stops at several places this week during a stay in the Forest City. Along with Brescia, Harper visited the humane society on Wednesday. She'll tour the Breast Care Centre at St. Joseph's Hospital on Thursday.

ANGELA MULLINS/METRO

LHSC announces cuts in wake of budget shortfall

Jobs slashed. Changes being made will lead to long-term savings, officials say

MARK SPOWART
london@metronews.ca

London Health Sciences Centre is eliminating 50 to 60 jobs to help cover an expected $30-million budget shortfall.

The cuts will be made through attrition, meaning no one will be laid off, officials said. With more than 10,000 people on the payroll, the hospital sees close to 400 positions turn over annually.

Nursing positions account for 24 of the ones targeted. The remainder are support and administrative staff.

"From a staffing perspective, this should be the full impact. However, we are still waiting on the final (2013-14) funding numbers to be provided by the government," said Tony LaRocca, LHSC's vice-president of community and stakeholder relations.

"When we first looked at (the budget gap), it was pretty daunting," he said. "What was interesting was, as we got more into (finding savings), we started to find more solutions."

The solutions, he said, range from slimming down the list of items stocked in operating rooms — for a savings of $750,000 — to finding better deals when renewing contracts with suppliers, a savings of five per cent.

"We left no stone unturned when it came to finding these savings opportunities," said LaRocca.

The hospital announced the cuts Wednesday, on the heels of similar action by St. Joseph's Health Care London.

St. Joe's, facing an expected $6.4-million budget gap for fiscal 2013-14, issued 37 layoff notices in late February.

At a glance

- Officials at London Health Sciences Centre have searched high and low for cost savings as they face an expected eight-figure budget shortfall.
- Tony LaRocca, the hospital's vice-president of community and stakeholder relations, gave Metro some examples of actions that have been taken outside of slashing jobs.
- They include: Reducing the variety of vascular stents ordered, for a savings of $400,000; paring down the types of sutures kept in stock, for a savings of $60,000; and eliminating duplicates of surgical sponges, a savings of $20,000.

Virtual upgrade. Health unit unveils redesign

The Middlesex-London Health Unit has a new look — in the virtual world, at least.

After a one-year overhaul, the health unit launched a new website Wednesday. The site, officials say, is easier to navigate, can be viewed easily on all devices including smartphones, and integrates the unit's social-media platforms.

The site has more than 1,300 pages on health topics aimed at families, youths, parents and professionals. It also features a search engine and links to websites for partner agencies. METRO

Where it's at

While the health unit's online look has changed, its web address — healthunit.com — is still the same.

Downtown

Charges laid in stabbing

An 18-year-old Londoner has been charged with aggravated assault after a Tuesday stabbing near Dundas and Maitland streets. A 17-year-old, who has not been identified, is in critical condition at hospital. Jordan Ashley, who police said knew the victim, was arrested a short time later. A knife was found near the scene, police said. METRO

Transit. Drop in on the LTC

Got something to say about bus service?

The London Transit Commission is all ears.

Officials will be doling out information and accepting feedback on a variety of topics during drop-in sessions Thursday at the main library branch (251 Dundas St.).

Key topics include: The LTC accessibility plan, the transportation master plan 2030, rapid transit, smart-card technology and the 2012 annual report.

Drop-in sessions are from 2 to 4 p.m. and 6 to 8 p.m. in the Stevenson and Hunt Room. METRO

On the web

To learn more about topics that will be covered during Thursday's drop-in sessions, visit ltconline.ca.

London native Jenna Banks sings the national anthem during a recent Toronto Marlies game. Banks, a member of the Marlies dance team, is one of the three people in a Facebook contest to become a Toronto Argonauts cheerleader.
CONTRIBUTED

Londoner looks to win Argos spot

Cheerleading squad. Underdog hopes to make gains ahead of Friday deadline

ANGELA MULLINS
angela.mullins@metronews.ca

Jenna Banks didn't necessarily leave performing-arts school with dreams of becoming a cheerleader.

But she's caught the bug after spending a season on the Toronto Marlies dance team.

"I just really grew to love cheerleading," the London native said. "I love the whole atmosphere of the game."

Now, the 21-year-old is looking for a little hometown boost as she tries to win a spot on the Toronto Argonauts cheer squad.

Banks auditioned for the team alongside about 200 others last month. She survived some tough cuts, making it all the way to the final tryouts.

There, the St. Thomas Aquinas high school graduate found out she'd be competing for Facebook votes with two other women for a chance to fill the Argos' wild-card spot.

Banks, who's living in Toronto, is the underdog in the competition right now, about 2,000 votes behind her competitors.

Since they studied at York University, Banks' opponents have been getting votes from a sizeable student body, she said.

"I went to a private college that had 100 students," she said. "It certainly makes for fewer chances to get (support)."

Gimme a vote!

- Visit facebook.com/ArgosFootball to cast a ballot in the Toronto Argonauts' bid to fill the wild-card spot on the cheer squad. Voting ends Friday.

Basketball action

Lightning, Storm to battle for NBL Canada title

The London Lightning will face the Summerside Storm in the National Basketball League of Canada championship series.

Summerside beat Windsor 109-103 Tuesday to secure a spot in the finals. The Lightning are the defending league champions.

The best-of-five-games series starts at 7 p.m. Saturday at Budweiser Gardens. The teams meet again at 7:30 p.m. Sunday on the Lightning's home turf before heading to P.E.I. for a Wednesday game. METRO

Classic performance. King's choir to take on Handel

The chamber choir at King's University College is ready to roll out a classic.

Members will perform Handel's Messiah on Saturday at Windermere on the Mount Chapel (1486 Richmond St.).

Admission is by donation, with proceeds going to St. Joseph's Hospice.

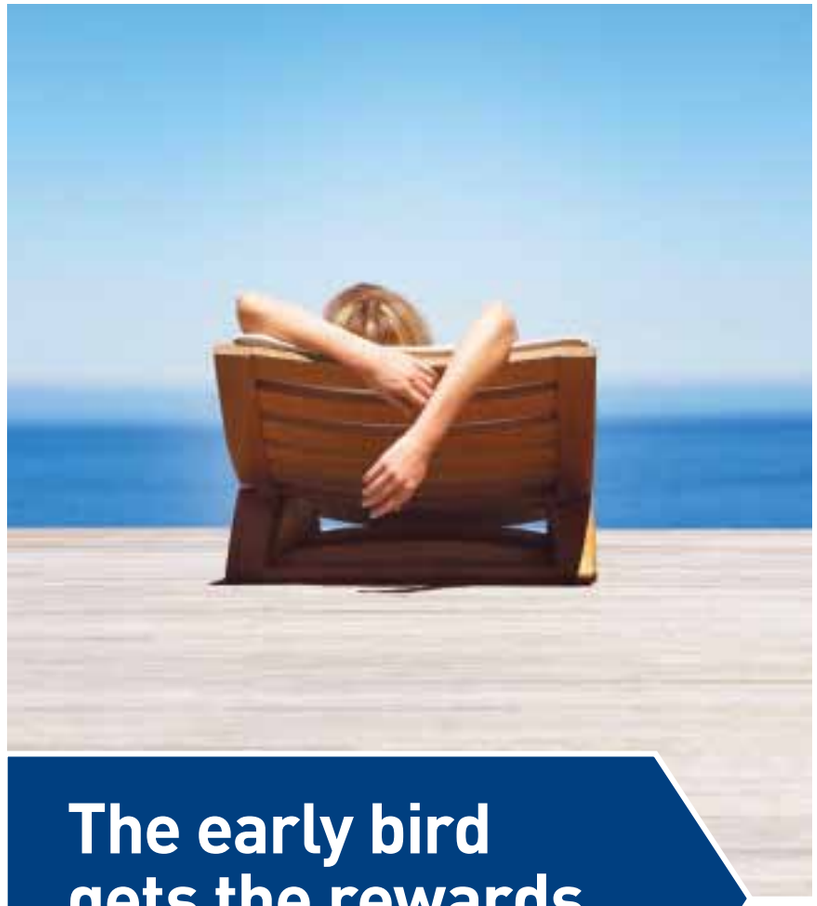
The show starts at 7:30 p.m.

The choir is composed of university students, administrators, alumni and community members.

Its concerts serve as fundraisers for various charities, with members using their voices to "reach out within the community," conductor Janet Loo said.

King's University College chamber choir conductor Janet Loo.
CONTRIBUTED

METRO



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Gay slurs shock council

Manitoba town says sorry. But owners of targeted restaurant will close it anyway

ELISHA DACEY
Metro in Winnipeg

Pots N Hands Restaurant owner and chef, Dave Claringbould, outside his Morris, Man., restaurant. Claringbould and his partner are closing their business because of homophobic insults. Claringbould said he and his partner are "very hurt and upset" by the homophobia. TREVOR HAGAN/THE CANADIAN PRESS

A Manitoba town council has issued an open letter condemning recent homophobic slurs toward a local restaurant.

It's "very disappointing" that the slurs against the restaurant, Pots N Hands, have "become an issue in our town," said the council in the Town of Morris, about 70 kilometres south of Winnipeg.

The owners of Pots N Hands, Dave Claringbould and his partner, say they plan to shut down April 13 because of the homophobic slurs made by a few locals.

"We were asked if somebody was going to catch something off of the plate because we had prepared the food on it," said Claringbould, 35.

There have been other incidents, too, said Claringbould — although the majority of townspeople have been friendly.

The council's open letter expressed regret that the restaurant would close.

"We as a council, along with our CAO, met for lunch at Pots N Hands to show support for this restaurant in our town," says the letter.

"In doing so, we made a public statement as a group that the people who represent Morris support our local businesses regardless of race, belief, and/or sexual orientation."

The letter added: "This lunch occurred a week ago, and was certainly not the first time any of us had eaten there."

One resident, who asked not to be named, said she is disgusted by the prejudice.

"There's a couple of village-idiot rednecks, young fellas," she said.

"When they grow up they'll understand how their vicious tongues can hurt people."

WITH FILES FROM THE CANADIAN PRESS

Magnotta treated for schizophrenia, court records show

Luka Rocco Magnotta, accused of killing and dismembering a Chinese student, was treated for paranoid schizophrenia, newly revealed court documents show.

But his doctor said he didn't always take his medication.

A letter from Magnotta's psychiatrist was attached to the court file of Magnotta's 2005 conviction for fraud in Toronto.

It offers a glimpse into the mind of the man now accused in the gruesome slaying and dismemberment of 33-year-old Jun Lin.

Magnotta, 30, then known by his birth name, Eric Newman, suffered from paranoid schizophrenia since at least 2000 and was hospitalized several times, Dr. Thuraisamy Sooriabalan wrote.

Luka Rocco Magnotta, seen in a court drawing, didn't always take his medication, a psychiatrist says. MIKE MCLAUGHLIN/THE CANADIAN PRESS

"The treatment consists of taking antipsychotic medications and attending (the) outpatient department for supportive psychotherapy and health education," wrote the doctor based at the Rouge Valley Health System's Centenary site in Toronto.

"Unfortunately Mr. Newman is not very regular in attending the outpatient department and as a result he misses his medications."

The letter was written in May 2005. It was released Wednesday after media outlets fought for it to be made public.

A preliminary hearing for Magnotta is underway in Montreal, where he faces several criminal charges including first-degree murder. THE CANADIAN PRESS

War of words. All systems go for a 'lighter' nuke attack, says North Korea

Military exercises amid the tension: A U.S. Air Force F-22 Raptor stealth fighter takes off from an air base south of Seoul, South Korea, on Wednesday. BAE JUNG-HYUN/YONHAP/THE ASSOCIATED PRESS

North Korea is warning Washington that its military has been cleared to wage an attack using "smaller, lighter and diversified nuclear" weapons.

The threat is the latest in a series of escalating warnings from North Korea.

It has railed for weeks against joint U.S. and South Korean military exercises taking place in South Korea and it has expressed anger over tightened sanctions for a February nuclear test.

North Korea said troops have been authorized to counter U.S. aggression with "powerful practical military counteractions."

Pyongyang said that America's ever-escalating hostile policy toward North Korea "will be smashed" by the North's nuclear strike and the "merciless operation" of its armed forces.

Meanwhile, the Pentagon said it will deploy a high-altitude missile defence system to Guam to strengthen the Asia-Pacific region's protections against a possible North Korean attack.

THE ASSOCIATED PRESS

Cellblock fracas

Officer not guilty of sexual assault

An Ottawa police sergeant has been found not guilty of sexual assault in connection with an incident in which a woman's shirt and bra were cut off while she was in custody at a police cellblock.

Steven Desjourdy could still face discipline under the Police Services Act.

Provincial Court Justice Tim Lipson delivered his ruling Wednesday after a trial heard from witnesses, including officers who were in the cellblock.

The complainant cannot be named to protect her identity. She has launched a civil lawsuit against Desjourdy and two special constables.

CFRA/THE CANADIAN PRESS

Manchester, N.H.

Why this city's a taxi desert

Chances are you won't get a cab in Manchester, N.H. — police sidelined all 18 licensed taxis for inspection failures or failing to show up for inspection.

Most were cited for mechanical violations.

THE ASSOCIATED PRESS

Fish deformities

Oilsands a risk like oil spills?

A top Canadian scientist says there are similarities between fish deformities found downstream from Alberta's oilsands and those observed after the Exxon Valdez oil spill in Alaska and Florida's Deepwater Horizon disaster.

David Schindler of the University of Alberta says some chemical or chemicals may be to blame.

THE CANADIAN PRESS

Wishful Googling?

Google's spring came early

Wiarton Willie's forecast of an early spring might have been wrong, but Google says the groundhog might have been reflecting what we were hoping for.

Google searches for "spring" came early — mid-February. "Spring" searches usually don't start peaking until March, Google says. METRO

Late 2013. Apple to launch 60-inch 'iTV,' controlled by ring, analyst says

It's no secret that Apple wants to get into the living room by making its own TV set, and there have been plenty of rumours and reports about how and when it's going to happen.

Now, an analyst says he's learned that the set will go on sale late this year for $1,500 to $2,500 US.

In a research note Wednesday, Brian White of Topeka Capital Markets says the "iTV" will be 60 inches on the diagonal but could also come in 50- and 55-inch versions. Apple will also release a small "iRing" that fits on the viewer's finger, allowing the user to control the screen by pointing, White says.

In addition, the set will come with tablet-like "mini iTVs" with 9.7-inch screens, the same as the full-size iPad, White said. The iTV will be able to send video to the smaller screens wirelessly around the house. The concept is similar to the way in which cable and satellite TV companies are starting to let their set-top boxes send video to iPads and other tablets.

White says his report is based on gleanings from visits with unnamed Chinese and Taiwanese companies that supply Apple with components.

Apple does sell an Apple TV, but it's a small box that connects to a TV to display movies and shows from iTunes.

Apple shares rose $4.91, or 1.1 per cent, to $434.70 in midday trading, as the tech-dominated Nasdaq index fell 0.3 per cent.

THE ASSOCIATED PRESS

Steve Jobs

Apple doesn't comment on future products before its launch events, but late company co-founder Steve Jobs told biographer Walter Isaacson that he wanted to remake the TV and had figured out a way to do it.

Hyundai, Kia recalling nearly 1.7M vehicles

Brake-light switch problems. Owners and dealers will be notified and will get free switch replacements

Korean automakers Hyundai and Kia are recalling almost 1.7 million vehicles in the U.S. and Canada to fix problems with brake-light switches.

The recall covers most of the automakers' model lineups from the 2007 through 2011 model years.

Hyundai Canada said about 255,000 vehicles are being recalled in Canada for the problem, while Kia Canada said just over 106,000 of its vehicles are involved in the recall.

According to the website of the U.S. National Highway Traffic Safety Administration, a faulty switch can stop the brake lights from illuminating when drivers press on the pedal.

Also, the cruise control may not turn off when a driver steps on the brake, push-to-start buttons may not work and a feature that stops the driver from shifting out of park without a foot on the brake may fail.

"Failure to illuminate the stop lamps during braking or inability to disengage the cruise control could increase the risk of a crash," NHTSA said in the documents. THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

Korean automakers Hyundai and Kia announced Wednesday they're recalling cars to fix problems with brake-light switches.
NAM Y. HUH/THE ASSOCIATED PRESS

Models affected

Spokespersons say there haven't been any crashes or injuries due to the problem. They pointed out that the malfunctions don't occur all the time and don't affect brake performance.

- **Hyundai.** 2007-09 Accent and Tucson, 2007-10 Elantra, 2011 Sonata, 2007-11 Santa Fe, 2008-09 Veracruz, 2010-11 Genesis Coupe
- **Kia.** 2007-10 Rondo and Sportage, 2011 Optima, 2007-11 Sorento, 2010-11 Soul, 2007 Sedona

More Canadians tuning out of TV, report says

A report suggests those tuning out tend to be young, educated. GETTY IMAGES

The number of "tuned out" Canadians, those who don't subscribe to conventional TV, has doubled in recent years and now represents eight per cent of the population, suggests a new report.

Since 2007, a steady four per cent of Canadians surveyed by the Media Technology Monitor, which regularly polls Canadians about tech trends, reported they were tuned out.

Tuned-out Canadians either didn't have a TV set, only used it to watch VHS tapes, DVDs or Blu-rays, or streamed digital content rather than paying for a TV plan. They tended to be younger, highly educated and major users of the Internet, says MTM.

In the recent fall survey, about 49 per cent were aged 18 and 34, and 51 per cent had a university education. Tuned-out Canadians spent 20 hours a week surfing the web compared to the 15.4 hours TV subscribers were online.

MTM noted the numbers of tuned-out Canadians started to rise in 2011, after those who were receiving analog over-the-air signals for free were forced to transition to a digital signal or lose access to the limited number of channels they were picking up by antenna.

According to MTM, many decided they were fine without TV, as the number of tuned-out Canadians nearly doubled to seven per cent of the population.

In 2012, the number of tuned-out Canadians rose another percentage point, which MTM attributed to the growing availability of video content to stream online via TV network websites and services such as Netflix.

THE CANADIAN PRESS

Surf's up

20

Tuned-out Canadians spent 20 hours a week surfing the web compared to the 15.4 hours TV subscribers were online.

Report

Poor pipelines costing oil producers billions

A new report estimates Canada is losing billions of dollars in unrealized revenues because of its inability to efficiently get its oil to foreign markets.

CIBC economists project that the country will continue to lose on average $15 billion a year from the price differential between world oil prices and what its producers get for shipments mostly to the United States.

That represents about five per cent of the gross domestic economies of Alberta and Saskatchewan.

The so-called discount for western crude reached as high as $43 a barrel last year, but the gap has since fallen to about $15 a barrel, or near the historical average.

The CIBC says Canadian producers increasingly face an uphill challenge in getting global prices for its oil given that the U.S., its main customer, is ramping up domestic production.

Global demand is increasingly skewed toward Asia, the economists say, and so Canada must get on with building the pipeline needed to get crude there.

THE CANADIAN PRESS

Highway shenanigans

Record copper heist in Utah

The biggest copper heist in Utah memory has stripped more than six miles of wire from a Salt Lake City highway. The thieves either disguised themselves as a construction crew or worked in the middle of the night to yank wire from the median, said one roadway lighting engineer. He estimates the department deals with smaller-scale thefts nearly every week. The wire will cost $50,000 to $60,000 US to replace, officials say.

THE ASSOCIATED PRESS

Old-time rock 'n' roll

Amazon extends AutoRip to vinyl

In an odd combination of old and new, Amazon says that every time a person buys a vinyl record from its online store, it will give that customer a digital version of the songs for free.

The feature, called AutoRip, was launched in January for CDs. The company has said it has boosted music sales. Digital songs are stored in the customer's online storage account with Amazon. Songs received this way don't count against that customer's storage limit. THE ASSOCIATED PRESS

Wedding invitations

Paperless Post going paperful

Paperless Post has defied its original digital business model before. Now the online invitation and greeting-card startup is taking it a step further. The New York company launched Paper by Paperless Post after customers requested a way to get its e-cards and invitations on paper. Now Paperless is teaming up with card maker Crane & Co. to print wedding invitations. Users will be able to choose from 35 designs that they can customize.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
98.57¢ (+0.04¢)

TSX
12,422.12 (-259.98)

OIL
$94.45 (-$2.74)

GOLD
$1,553.50 US (-$22.40)

Natural gas: $3.967 (-0.2¢)
Dow Jones: 14,550.35 (-111.66)

EARTH TO PMO: WE'RE DOOMED

HE SAYS

John Mazerolle
metronews.ca

"If a meteor ... a mile wide were to hit land, it could form a crater and blow enough dust into the stratosphere to block out the sun and affect crops worldwide for a year, (a NASA scientist) said." — Meteor Sighting Unusual, But Space Debris is Common, the Washington Post

"The government of Prime Minister Stephen Harper has been accused of silencing scientists on a number of subjects, particularly environmental science." — Watchdog to Study Policies That "Muzzle" Government Science, The Canadian Press

Ring! Ring!

PMO: Prime Minister's Office. How can we help you become self-reliant?

CSA: This is the Canadian Space Agency. A massive meteor is headed for Canada. We have to tell people before it's too late!

PMO: Oh my God. Let me get this straight: You work for the Harper Government, and you're telling me you want to talk directly to the people? The chances are astronomical!

CSA: Uh. Yes.

PMO: As you know, the Harper Government will have to approve any statements.

CSA: The meteor is about a mile wide, could instantly kill hundreds of thousands, then starve billions when the sun is blocked. So we'll need—

PMO: I'm just going to go ahead and stop you right there. We need a different message.

CSA: What?

PMO: I've been around long enough to know that your message will turn off most demographics. Frankly, it's very negative and promotes fear.

CSA: Doesn't that mean it's perfect?

PMO: During an election campaign, sure. But right now it detracts from our promise of a "strong stable majority." Some MPs would cry. Others would run. Does that sound strong and stable? And I don't even want to think about what some of the religious backbenchers will say if they find out the world is ending.

CSA: It's going to hit in six hours! This is no time for politics.

PMO: It's always time for politics. If a big rock hits Canada on our watch and we did nothing to stop it, the Opposition will have a field day, sudden lack of fields notwithstanding. So we'd prefer you kept this one hush-hush. Unless you can blame it on Trudeau.

CSA: People are going to die!

PMO: How many?

CSA: Depending on the computer model, between 500,000 and two million.

PMO: Ah, so there's a debate even among scientists. No consensus.

CSA: It's still lots of people!

PMO: Where?

CSA: Based on its trajectory, mostly in the Greater Toronto Area.

PMO: I'm hanging up.

CSA: No wait! How about this? What if the Harper Government took credit for the meteor?

PMO: Hmmm ... the Conservative government that destroyed Toronto. I'm listening.

CSA: Not only that: We can also "explain" that the ash kicked up from the explosion is why you were never concerned about global warming in the first place.

PMO: Won't the ash destroy a lot of the environment?

CSA: That's because the Conservative's environmental plan, uh, "seeks to reduce inefficiencies in nature." We find places where 10 birds are doing a job that five birds could be doing!

PMO: Now you're getting it!

CSA: Can we tell people now?

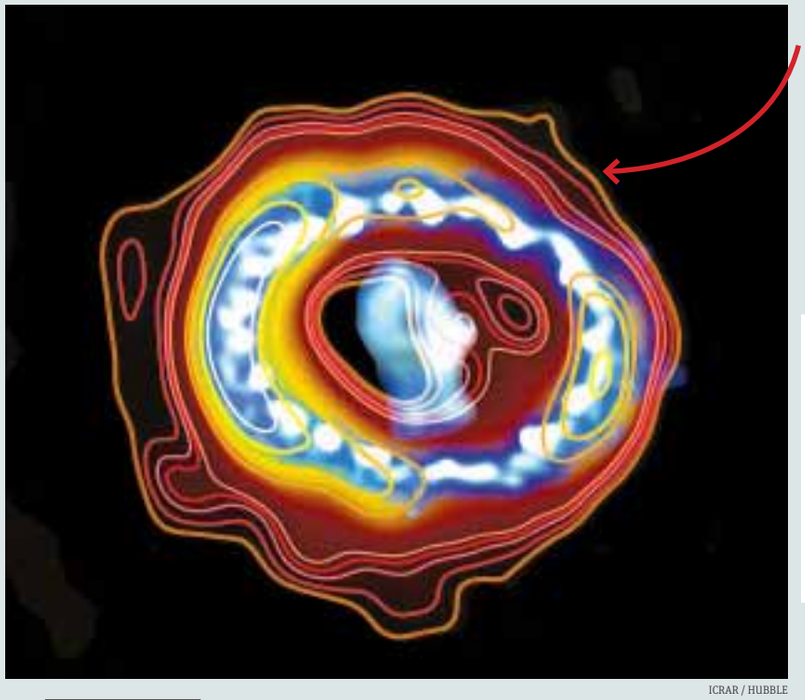
PMO: Can we brand it The Harper Government "Rocks"?

CSA: It's the end of the world as we know it and I feel queasy.

PMO: You get used to it.

ZOOM

The death star, like never before



ICRAR / HUBBLE

Death of star in highest detail

Scientists have studied the death of a star in the highest ever detail. Astronomers led by the International Centre for Radio Astronomy Research (ICRAR) in Western Australia have revealed new images of Supernova 1987A, whose demise was first spotted over 25 years ago. METRO

A star is born?

- In 1987, astronomers observing the Large Magellanic Cloud, a nearby dwarf galaxy, noticed the sudden appearance of what looked like a new star but soon realized it was the end of a star — the brightest supernova ever seen from Earth.

Scientists now seek star's centre

Scientists study the evolution of supernovae into supernova remnants to understand the interaction of the star's blast with its surrounding environment.

They suspect a compact source or pulsar wind nebula — remnants of an old star — to be in the centre of the radio emission, implying that the supernova explosion did not make the star collapse into a black hole. METRO

Picture this

"Imaging distant astronomical objects like this at wavelengths less than one centimetre demands the most stable atmospheric conditions."

Dr. Giovanna Zanardo of ICRAR

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online store that allows fans to buy music directly from the artist, with the added bonus of being able to preview entire albums for free. It also happens to be the perfect place to support Canadian artists like these:

Overwerk
Do yourself a favour and delete that Top 40 from your workout playlist. This London producer's After Hours EP conveniently checks in at a tidy 30 minutes of sweat-friendly peaks and valleys. Best of all, you can set your own price. (overwerk.bandcamp.com)

Les Soeurs Boulay
Brush up on your French with a Montreal-based sister folk act. Armed only with guitar, ukelele and velvet-voiced harmonies, the soeurs are well-equipped to break hearts. (lessoeursboulay.bandcamp.com)

Kitsune
Imagine the sound of a Nintendo console becoming self-aware and deciding to pursue a new career as a producer of club bangers. Audiences don't get much more niche, but I know you're out there. (vulpvibe.bandcamp.com)

Comments

RE: UBC Student Accused of Sex Work After Trying to Cross U.S. Border With Condoms, published April 2

How do you spell "discrimination"!?
Shirley Mclaughlin posted via Storify

"How much is he paying you to go on this trip?" Shame on them.
Cynthia Kim posted via Storify

Who cares if she's a sex worker?
Paul Nagy posted via Storify

Like crossing DMZ into North Korea.
Mal Cohen posted via Storify

I hope she sues their pants off!!!
Jonathan Hodder posted via Storify

WTF.... I guess us Canadians don't have sex.
Joann Neish posted via Storify

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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‘Involuntary secret telling’

So Young. Singer/songwriter finds inspiration in her own subconscious

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

So Young performs at APK Live. The band will release its first album during a Friday launch party. BRITTNEY K. ROBBINS

London indie rock band So Young is about to let the cat out of the bag.

They’ll officially launch their first album, Secrets, during a Friday release party at Call The Office (216 York St.).

“We write music because it’s fun,” says Chris Martin, lead guitarist of So Young (also singer/songwriter of More More). “The name So Young does a good job of reflecting our optimism and carefree approach to song writing and life.”

Other band members include London music scene staples drummer Andrew Dal Cin (Glass Thieves, Fire Horse and the mountain, the forest, the earth), bassist Ben Kehoe (Glass Thieves) and singer/songwriter Paterson Hodgeson (former cellist of Olenka and the Autumn Lovers).

Hodgeson, 25, rocks the guitar with a strong female voice and presence in this indie ensemble with a ’90s alt-rock twist. The music is punctuated by captivating changes in dynamics and rhythm.

Many of Hodgeson’s songs stem from her dreams or the subconscious corners of her mind.

“I’ll write a song and, at the end, I’ll realize it’s about something I was upset about. It’s involuntary secret telling,” laughs Hodgeson, who often takes a light-hearted approach to topics like being young, in love or broken-hearted.

But some of her songs, such as Paranoia, explore more serious issues like the use of antidepressants or anti-anxiety medication.

“Sometimes people just go on drugs and think it’s going to fix them. I’m not against the drugs necessarily, but the way society promotes them, in ads and on TV,” says Hodgeson.

Another one of her songs, Call The Office (named after the London music venue Hodgeson frequented as a teenager), laments the increasing lack of all-ages venues and events.

Hodgeson’s involvement in the London music scene extends to poster design and organizing shows with a focus on inclusion.

“We tend to have a very white, straight, male-dominated scene. I can’t think of any bands that have LGBTQ community in them,” says Hodgeson, who aims to put on shows that actively encourage interaction between different scenes.

Hamilton alt-rock band The Abbreviations, and Toronto indie popsters The Bicycles, who went on hiatus in 2009, will also play during the release party.

The Bicycles are returning to the stage with a fresh sound and a new album, Stop Thinking So Much.

Music starts at 10 p.m. Tickets are $6 at the door.

Around town

- **Beats.** Let Doldrums’ delectable beats slide into your eardrums and out your limbs Friday at APK (347 Clarence St.). Sean Nicholas Savage (Montreal), Digits (Toronto) and New Zebra Kid (London) are also on the bill. Doors open at 9 p.m. Tickets are $8.
- **Strumming.** The Mighty Uke Roadshow is part feature film, part concert with renowned ukulele virtuoso James Hill and a giant strum-along with all of you. Don’t forget to bring your uke! The fun starts at 7 p.m. Sunday at the Palace Theatre (710 Dundas St.).

Ryan Tedder and his band OneRepublic released their third album last week. THE ASSOCIATED PRESS

Ryan Tedder pushes producer pride aside

OneRepublic. Band's frontman talks about the stress of handing over some of the creative reins on latest album

Ryan Tedder has been the mastermind behind hits for Adele, Beyoncé and Leona Lewis, but on his band's new album, the Grammy winner gets help from other hit-makers.

Tedder's name is all over the credits on Native, OneRepublic's third album, released last Tuesday.

But other players helped shape the band's latest sound, including Benny Blanco, who co-produced hits like Maroon 5's Moves Like Jagger and Katy Perry's Teenage Dream, and Jeff Bhasker, who produced fun.'s Grammy-winning breakthrough album, Some Nights.

"I was very clear with them," said Tedder, who added that taking a back seat to other producers was both "scary and exciting."

"I was like, 'We're not Maroon 5. We're not fun.'"

OneRepublic's lead single, If I Lose Myself, was co-produced by Blanco, and Bhasker adds his drum-filled sound to Can't Stop. The album also features producer Philippe Zdar, best known for his work with French critical darlings Phoenix.

In an interview, Tedder, 33, talked about collaborating with other artists, the state of rock music on Top 40 radio and Native, which OneRepublic recorded in Greece, Paris, London, New York, Seattle, Vancouver, Canada and Colorado.

You've produced for many acts. What was it like having others come into your musical space?

I happened to work with Benny and Bhasker in the middle of, probably the both of them, the greatest run of hits in their lives. ... I don't want the one time I go outside my box and collaborate with somebody to be the song that doesn't work. You're always, like, slightly terrified. ... No offence to them, but I didn't want their palate or their sound to then define us.

So how did you work everything out?

The one Bhasker did and one of the two Benny did, I knew fundamentally I'm not the guy to do this. I'm not the right producer to do this record. I'm not getting it right.

This record sounds like such a huge, huge, important moment and I'm missing it.

THE ASSOCIATED PRESS

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Bad Religion finds their True North on latest album

'Happy accident.' Guitarist Brian Baker attributes longevity of band to zany songwriting and its loyal fans

BRIAN HORGEA
Metro World News in New York

Bad Religion's 16th album, True North, is being heralded as a return to form, harkening back to their style from the late '80s. But guitarist Brian Baker says that's just a "happy accident."

"There's never any conception, any preconceived idea, about what a Bad Religion record is going to be," he says. "The lyrical aggression on this record is going to be," he says. "The lyrical aggression on this record is going to be, begat the tempos of the short songs."

For 33 years, the band has weathered lineup changes, hiatuses, major labels and mainstream recognition. They have forged a sound that builds upon hard-core punk while adding doses of pop, heavy metal and psychedelia to their insightful and socially-conscious lyrics.

Brian Baker says playing the guitar has never lost its lustre. GETTY IMAGES

Baker attributes the band's longevity to the adventurous songwriting of Brett Gurewitz and Greg Graffin. "This has never been a band to sort of lay back and try to sell some T-shirts," he says.

Baker says the fans are also a large part of the equation. "When you have a band with our history, it's nice to be able to play new See Again Without Glasses! stuff and have it still be relevant to the audience," he says, "instead of them pacing themselves, waiting to hear No Control."

But even if it weren't for the fans, the 48-year-old Baker insists he'd still be doing what he does. "Playing guitar has exactly the same physical rush and emotional intensity it did when I was 15 years old," he says. "It's something I would do if no one came to watch."

Jane Levy gets gruesome in horror heroine role

Evil Dead. Facing relentless blood baths and being buried alive was all in a day's work for actress

NED EHRBAR
Metro World News in Hollywood

Jane Levy wants to make one thing clear: "I'm not a horror fan," she says.

Well, for a non-fan she's picked a doozy of a horror film to be in: Evil Dead, Fede Alvarez's remake of Sam Raimi's cult classic debut.

In this update, we still have five kids going to a cabin in the woods and inadvertently unleashing a demonic spirit after reading from an evil, enchanted book. Only this time, instead of being on Spring Break the co-eds are out in the woods to help Levy's Mia withdraw from heroin.

Thanks to updates in both practical and digital effects, the new film reaches a gruesomeness level that's truly attention-grabbing.

Have you been finding this movie easy to talk about in interviews?
What's good is we're all excited about it actually, and I think we're all really proud of it. So it's nice to talk about stuff that you're proud of. It's so painful when both (the actor and the interviewer) are like, "We know it sucks, so why are we here?"

It's nice to see a horror movie handle the credibility questions of plot so well, like why these kids would go to this creepy remote cabin in the woods in the first place.
Yeah, I don't know if I would ... I was going to say if I was going to withdraw from heroin I don't know if I'd go to the middle of the forest, but some people would!

I like that theme because it also becomes a metaphor for the whole story, and also because it makes for good drama. You sort of understand everyone's point of view, and I think that's the best kind of play or movie or television show or piece of literature, when every character's argument is right.

Mia's right, there is something in the f—ing woods! But they're right to not trust her.

The only person who isn't much right is Eric (Lou Taylor Pucci) for reading from the book.

It's all his fault.

There are some differences between this one and the original. Did you watch it for research?
I watched the original, but only after I'd gotten the job. I'd never even heard of the Evil Dead when I went out for this movie. I'd heard of Sam Raimi. I mean, Spider-Man was my generation.

The first one came out when I was, like, 12 or something.

What did you think of some of the more horrific elements when you were reading the script?
When I was reading it I thought it would be so much fun! Little did I know that it's torturous. But I remember reading it and being like, "Oh my God, this is the horror of all horrors. It's just relentless, it never stops. And when you think it's gotten to its peak it's just going to keep going."

When I was reading it I thought it was almost funny. It just becomes so terrible that you have to laugh.

But I wasn't laughing when I was making it, that's for sure.

Buried memories

Jane Levy dishes on the worst parts of making the Evil Dead — and it wasn't being forced to wear special contact lenses.

- The contacts were OK. There were so many bad things that at a certain point you just get used to it, but I think being buried alive was probably the hardest. It takes a lot of power to get your mind to feel like you're not going to die, you know?

Jane Levy stars in Evil Dead, which opens Friday. HANDOUT

Quoted

"I'd never even heard of the Evil Dead when I went out for this movie. I'd heard of Sam Raimi. I mean, Spider-Man was my generation."
Jane Levy on not knowing about Raimi's original cult classic

Available at Walmart

All in the family

Kristin Chenoweth, who stars in Family Weekend, a comedy about dysfunctional relationships, dishes on her own favourite family flicks

THE ASSOCIATED PRESS

Stage and screen veteran Kristin Chenoweth plays a hard-charging, high-powered executive in the dark indie comedy Family Weekend — a wife and mom who's too busy for her husband and kids, who are all too busy for each other anyway. Teenage daughter Emily (Olesya Rulin) finally has enough of the neglect when everyone blows off her big jump-roping competition at school. She rounds up her selfish, scattered relations for a long and tortured intervention — which includes tying mom and dad (Matthew Modine) to chairs, duct-taping their mouths shut and detailing their years of offences. Here, Chenoweth picks her own favourite movies about families.

National Lampoon's Vacation (1983)

It's a classic dysfunctional family with Chevy Chase and Beverly D'Angelo. It's so over the top but yet you buy it. In some ways, our film Family Weekend has a similar dysfunctional family.

The Sound of Music (1965)

It's about a fractured family that comes together with the new stepmom who wins them over in the end. This is a good family film.

RV (2006)

It's a family film that I was in which is about what it's like to go cross country with your family. I absolutely love this one. Robin Williams cracks me up.

Steel Magnolias (1989)

It's a family film about relationships between the women and even the husbands are involved. Being a Southern woman, I get and know all of those women.

Gone With The Wind (1939)

It's about the relationship of a girl and her land. It's family oriented and about loss.

Barrymore takes a bet on the booze with her own wine

Hand me the cork, Drew. The actress and entrepreneur sets her sights on the wine world

MEREDITH ENGEL
Metro World News

Drew Barrymore is now in the wine game. ISTOCK

Between making movies, working on a new makeup line and raising her baby, Drew Barrymore could certainly use a glass of wine at the end of the day.

Now, when that mood strikes, she's got just the bottle to turn to — her new Barrymore Wines.

We asked her what went into it.

How long have you had the idea to create your own wine?

I have always been interested in the art of wine-making and how a bottle of wine can bring family and friends together for a memorable evening or a casual conversation. To have the opportunity to create my own collection and be part of the process was what led me to launching Barrymore Wines.

What was the testing and tasting process like?

I travelled to Italy and spent time in the Triveneto area where the grapes are grown. I knew I wanted my first offering to be a pinot grigio, so my goal was to create a wine that was refreshing and subtle yet complex. We had a lot of tasting until we found the one that had all of these qualities in a glass.

What should we pair your pinot grigio with?

It can really be enjoyed and paired with a variety of foods. I love having a glass with a light pasta or seafood dish.

Perfect pairings

"My goal was to create a wine that was refreshing and subtle yet complex."
Drew Barrymore

Kate Nash. HANDOUT

Taking time for Girl Talk with Kate Nash

Breakups and makeovers. English songstress says the end of a relationship fuelled her latest work

LINDA LABAN
Metro World News in Boston

Kate Nash arrived in New York two nights ahead of the February blizzard, but ran into the storm that is Fashion Week. Nash recorded her new album, Girl Talk, and filmed three movie roles last year, so it's not surprising that she already has a killer promo schedule.

She says the punky pop Girl Talk was fuelled by a breakup and her all-girl band.

"Women connect with each other on an emotional level in a really big way. ... That was a really important thing for me over the last year, what with all the personal things I was going through."

She uses the phrase "going through" in reference to the breakup.

"The record itself is basically purging for me," she continues.

She says she's not trying to be somebody she isn't, though.

"It's about making you feel good," she says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Beyoncé. ALL PHOTOS GETTY IMAGES

Beyoncé brushes off latest round of criticism

Beyoncé has heard what her critics have to say — particularly about her decision to name her new tour the Mrs. Carter Show — and she's just going to ignore them.

"I guess I am a modern-day feminist," she muses to British Vogue. "Why do you have to choose what type of woman you are? Why do you have to label yourself anything? I'm just a woman, and I love being a woman."

As for taking husband Jay-Z's last name for her tour?

"I feel like Mrs. Carter is who I am, but more bold and more fearless than I've ever been," she says.

David Beckham

Beckham wants a normal life for his kids

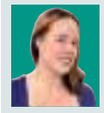
Despite being possibly the most famous man in the world, David Beckham is desperate for his four kids to have a normal a life as possible — even though that can be pretty tricky sometimes.

"My eldest now is at the age where he wants to do things and go to places, and we have to hold him back," Beckham tells CNN World Sport about 14-year-old Brooklyn.

"You have to explain to him that there are certain things he can't do. But to be honest, we let our children do 99 per cent of the things they want to do because we want them to lead a normal life."

The Word

Glee trying to put on a brave face amidst latest scandal



THE WORD
Dorothy Robinson
scene@metronews.ca

It's been a week of shake-ups for the cast of Glee.

First, it was announced that main cast member Cory Monteith was admitted to rehab on Monday morning for a substance abuse problem and now it looks like Heather Morris, who portrays the ditzy cheerleader Brittany on the hit show, is pregnant.

Us Weekly broke the news that the 26-year-old is expecting a baby with her longtime boyfriend Taylor Hubbell. "She's a little more than three months along and starting to show," the source tells Us Weekly. "It was totally unexpected, but they are incredibly happy and excited."

Keep her off the dance numbers, Glee!

Chris Brown

Chris Brown feels bad for Bieber

Chris Brown feels Justin Bieber's pain.

When asked during an interview with radio station Power 105.1 how he copes with paparazzi attention, Brown says: "It's sort of like what Justin Bieber's going through right now... Being young, having a limitless amount of income, whatever you want to do as a young guy, and then at the same time you don't have nobody that's going to say, 'Hey bro, you look wack right now.'"

Brown is particularly worried Bieber's friends — like rapper Lil Twist — will get an undue amount of blame for any of the pop star's troubles.

Twitter

@ABFalecbaldwin
Am I really 55? Wow. Like.....wow. Doesn't seem real.

@NiallOfficial
Morning. ! This is it ! I'm goin to the dentist! I think this is my last hour with braces! Oh how I'm gona miss them ! Naaaaaaat !

@SethRogen
Of all the TV shows I've never seen, I've never seen "The Borgias" the most.

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SHOPPERS DRUG MART

Ain't no sunshine, but there is style

Spring collections should be the main storyline, but it's as cold as ever outside. So rather than freezing your legs off trying to wear that flimsy dress, take a few cues from the autumn/winter shows that just wrapped up earlier this month.

KENYA HUNT
kenya.hunt@metro.lu

Soft pinks

On the runway: Unique

Whistles jacquard trousers, $206, whistles.co.uk

Topshop mix stitch pink jumper, $72, topshop.com

Houndstooth

On the runway: Rag & Bone

Houndstooth scarf $40, zara.com

By Malene Birger Sarafina trousers, $395, netaporter.com

Navy and black

On the runway: Jil Sander

Jil Sander Navy skirt, $660 stylebop.com

Acne Ava black top, $250, acnestudios.com

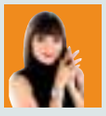
The full skirt

On the runway: Rochas

ASOS midi skirt, $68, asos.com

Marni organdy circle skirt, $1,280, net-a-porter.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Ah yachts! This must be St. Barths! @silversea

Chic ship chapeaux! @ Silversea with the inimitable @NicholasMe

The Kit

Canadian street style

Spotted in: Halifax

Sarah Nussbaumer

Hedge fund administrator

Age: 25

What she's wearing
Top Shop coat, Rebecca Minkoff bag, French Connection headband, gloves from Florence Levi's jeans, Steve Madden boots.

Her inspiration
"I love to wear classic and feminine silhouettes with pieces that have a bit of edge and playfulness."

THE KIT PHOTOBLOGGER: MEGHAN TANSEY WHITTON, FASHIONEASTHALIFAX.COM

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Wrapping up a burst of flavours

"If you make extras to take for lunch the next day," writes Meghan Telpner of these Veggie Rice Wraps in her book UnDiet, "store in an airtight container with a slightly damp cloth or paper towel to help keep the rice wraps moist."

1. Soak one piece of rice paper in warm water until soft. Carefully remove, allow excess water to drain, and lay out on flat surface.

2. Arrange veggies in a row along centre of rice paper. Add greens last (and eggs, if using). On first few attempts, fewer veggies will be easier to roll.

3. Leave about 1-inch (4 cm) at both ends and carefully roll the wrap up, leaving long edges open. You'll take care of those with the second piece of rice paper.

4. Soak and drain a second piece of rice paper, and lay out on flat surface.

5. Place roll along centre of second piece of rice paper, folding end edges in first and then roll in remaining sides.

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Ingredients

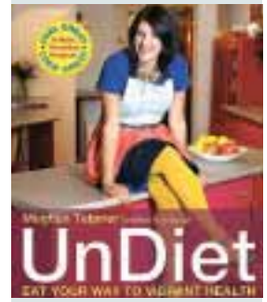
- 8 sheets rice paper
- 1 avocado, peeled and sliced lengthwise
- 1 carrot, grated
- 1/2 red bell pepper, sliced lengthwise
- 1/2 red apple, peeled and sliced into matchsticks
- 4 inches (10 cm) cucumber, sliced into long strips
- 1 (250 ml) cup baby spinach
- 1/4 cup (50 ml) cabbage, shredded
- 4 sprigs cilantro
- 2 organic eggs, whisked in a bowl, cooked as an omelet, then sliced into thin strips (optional)

Veggie Rice Wraps

This recipe serves 4 as a side or 2 as a meal. CATHERINE FARQUHARSON

Cookbook of the Week

Tasty way to health



Forget those diets that never work and get healthy with the help of Meghan Telpner's book UnDiet.

Not only does it feature practical nutrition information, a complete eight-week transition program, lifestyle advice from experts and a comprehensive meal plan, but also 40 easy and delectable gluten-free recipes.

Among the recipes in UnDiet are Bean and Vegetable Burgers, Lemon Lentil Vegetable Soup, Orange-Zest Infused Stew, Almond Power Cookies, Sun-Dried Tomato and Bean Hummus, and more. METRO

Healthy Dessert. Super Berry Fruit Crumble

This twist on Fruit Crumble boasts more fruit and less crumble along with healthier ingredients such as brown rice flour, raw honey, coconut oil and arrowroot strach.

1. Preheat oven to 350 F (180 C).

2. Mix fruit, raw honey and arrowroot, and spread into an 11- x 9-inch (2.5 L) glass baking dish. Flatten mixture with a spatula, making sure it is evenly spread.

3. In a medium mixing bowl, combine all topping ingredients, then crumble evenly over fruit mixture. If fruit doesn't look completely covered, add additional flour, almonds, or oats until surface is covered.

4. Bake for 45 minutes, or until lightly browned and bubbling.

Ingredients

Fruit Bottom
- 2 cups (500 ml) blueberries
- 2 cups (500 ml) strawberries, quartered
- 2 cups (500 ml) apple, cut into 1/2-inch (1.5-cm) cubes
- 1/2 cup (125 ml) raw honey
- 1 tbsp (15 ml) arrowroot starch

Crumble Topping
- 2/3 cup (150 ml) brown rice flour
- 2/3 cup (150 ml) rolled oats
- 1/2 cup (125 ml) cup sliced almonds
- 1/2 cup (125 ml) raw honey
- 1/4 cup (50 ml) coconut oil
- 3/4 tsp (4 ml) cinnamon
- 1/2 tsp (2 ml) allspice

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ORAL HEALTH

Thursday, April 4, 2013

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases. FIONLINE/THINKSTOCK

Healthy teeth equals healthy living

TERESA CHIYKOWSKI
For Metro

Did you know that oral health is not only important to your appearance and sense of well-being, but also to your overall health?

It's true.

Problems such as missing teeth or oral infections can affect your physical and mental health. That's all the more reason to practise good oral hygiene and look after those healthy pink gums and dazzling pearly whites.

Smile

- Visit hc-sc.gc.ca to download a copy of Smile: Healthy Teeth, Healthy Body. The publication will help you better understand the link between oral health and overall health, help you establish an effective oral health plan, and ensure you have information about the risks and symptoms of oral cancer.

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases including:

Diabetes: People with diabetes are more susceptible to gum disease, which can put them at greater risk of diabetic complications.

Respiratory illness: The same bacteria found in plaque can also be inhaled into the lungs where they may cause an infection or aggravate any existing lung condition, especially in older adults.

Preterm, low birth-weight babies: Studies are also examining whether pregnant women with gum disease may be at a higher risk of delivering preterm, low birth-weight babies than women without gum disease.

Cardiovascular disease: There is new research that points to a possible connection between gum disease and heart disease and stroke.

Brush up with these tips

1. Brush your teeth at least twice a day.
2. Floss daily to remove plaque between your teeth.
3. Replace your toothbrush every three to four months.
4. Use an antimicrobial mouth rinse to reduce bacteria in your mouth.
5. Schedule regular dental checkups.
6. Eat a healthy diet according to Eating Well with Canada's Food Guide.
7. Watch for signs of oral disease and contact your dentist if you detect anything out of the ordinary.

To learn more about dental care, visit the Canadian Dental Association website at cda-adc.ca.

If you pay a little extra attention to daily oral hygiene habits when children are young, they can grow up cavity-free. NEWS CANADA

Children. Daily habits to grow up with

Even today, with advancements in oral care, it is estimated that 57 per cent of kids aged six to 11 have cavities. This number increases to 59 per cent for teenagers.

Specialists tell us, however, that if we pay just a little extra attention to daily oral hygiene habits, all children can grow up cavity-free. The care you teach them now will last a lifetime, so take a look at these helpful tips:

Twelve to 24 months

Begin regular dental visits by age one. Teach a toddler about dental hygiene when the first teeth come through. Children should get used to holding a toothbrush and should watch others as they brush. Let them practise brushing, but continue brushing their teeth for them. Begin flossing when most of the baby teeth are in.

Two to five years

Teach young children to use no more than a pea-size amount of toothpaste and make sure they do not eat it. Continue to brush and floss their teeth for them. Avoid sugary sweet treats.

Six and older

Encourage children to begin flossing. Your dental hygienist will demonstrate proper technique. Continue to supervise brushing and flossing. The surface of your child's permanent molars may be sealed with a light coating to prevent cavities in the deep fissure and grooves of the teeth.

NEWS CANADA

YOUR SIMPLE ROUTINE TO A BETTER DENTAL CHECK-UP.†

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† vs. brushing alone.
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AND THEN THERE WAS ONE.

Ontario is now the last province in Canada where dental assistants are not a regulated health profession. This means that dentists can hire people without formal education to do the work of dental assistants. Dental assistants take radiographs, are responsible for infection control and may perform other intra-oral duties.

The Ontario Dental Assistants Association (ODAA), the certifying body for Ontario dental assistants feels this is a matter of public safety. Dental patients have the right to know that everyone working in a dental office is educated and formally trained.

We believe that regulations will happen for Ontario dental assistants one day. Until then, to protect your family, ask if ODAA-certified dental assistants are working in your dentist's office. At least, that's one good reason to smile.

A message from the Ontario Dental Assistants Association, the certifying body for Ontario Dental Assistants for over 40 years.

869 Dundas Street, London, Ontario N5W 2Z8

A baby's first teeth are crucial to healthy adult teeth. RYAN MCVAY/LIFESIZE/THINKSTOCK

Early lessons can take a bite out of later problems

Baby's first teeth are crucial to healthy adult teeth, so be aware that early childhood cavities can lead to much bigger oral health issues later in life.

We don't usually associate cavities or gum disease with infants, but, in reality, oral diseases can begin very early. For example, early childhood caries is a form of severe tooth decay in the primary (baby) teeth of children from birth to age three. It affects more than 10 per cent of preschool-aged children in Canada, but parents can reduce the risk by following these simple care tips with your little one:

• Be a good role model. Keep your own teeth and gums healthy.
• Wipe baby's mouth and gums with a clean, wet cloth or piece of gauze after feeding.
• Gently clean newly erupted teeth with a small, soft toothbrush.
• Avoid fruit punches and other sweetened drinks in baby bottles, especially before bed.
• Reduce the frequency of nighttime feedings.
• Use only pacifiers with an orthodontic design, and don't dip it in sugary substances.
• Avoid transfer of your saliva onto items used by baby, including bottles, cups, pacifiers. Bacteria spreads.
• Rinse baby's mouth with clear water immediately after any liquid medication is given.
• Check for early warning signs by lifting up baby's top lip. White, chalky teeth or brown or black stained teeth indicate a problem. Contact your dental professional immediately.
• Gradually introduce fresh fruits and vegetables to the diet. These foods, which require chewing, stimulate saliva flow and help to neutralize acids.
• Begin regular dental visits by age one.

More tips and information about oral health care are available at cdha.ca.

NEWS CANADA

Look for the seal

- From toothbrushes to mouthwashes, oral care products bearing the Canadian Dental Association (CDA) Seal of Recognition have been reviewed by the CDA and have demonstrated specific oral health benefits. For a list of oral health products recognized by the CDA, visit cda-adc.ca.

New ways to decorate your wall space

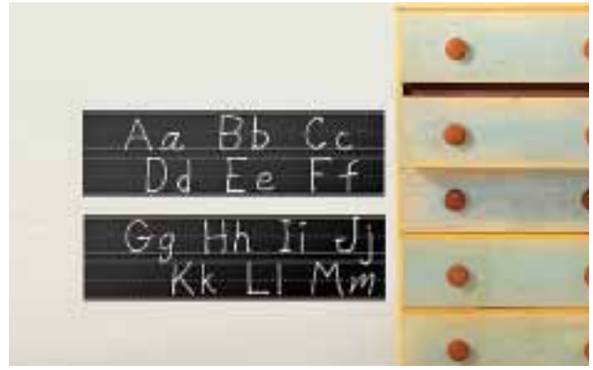
DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I often hear people say living in a small space doesn't allow for much decorating, and how accessories take up too much room. I remind them they don't need to rely on tabletops and floor space to display their wares, but to look vertically at the walls. Walls are probably the largest surface we have and there are many ways to dress them up with more than just flat art and mirrors.

Not since the Ikea floating display shelf have we seen such interesting inventions to add pizzazz to our vertical space. Dressing up the walls can be as simple as colour locking certain areas with some paint or creating a feature wall with a collection of artwork. If you are looking for an immediate, easy way to dress the walls, here's a few on-trend products that add a special touch.

Urbio system

It's vertical, modular, magnetic and flexible. Hang system panels on the wall, then attach individual containers using magnets. Useful for a wall of green, art supplies or whatever you want to display. From $75, eq3.com.



Learn to write chalkboard

Finally a way to write on the walls without getting in trouble. Leave messages, make lists or practise your ABC's. Stick on, erasable chalk boards uses any chalk. Easy to install by just peeling and sticking and reposition when you want to move them. $20 for four peel and stick panel decals, wallpops.com.

GRUNDTAL wall system

A simple rod and attachments can be useful anywhere; from the home office to the bath to the kitchen. Stylish stainless steel adds a rich modern look to very affordable display storage. $8 to $25 per piece, ikea.com.

Wall mounted teardrop vase

This handblown chemistry lab borosilicate beaker glass in a teardrop shape hangs via a cut and polished opening. One can be hung beside the guest bed and another in the shower. These guys add charm wherever they go. $5, cb2.com.

Architect wall flats

Get the look of a cool hotel lobby lounge wall by adding depth and dimension to your walls with paintable panels. Hide rough walls or outdated panelling, leave them white or paint them to match a colour in your space. $115 for 10 panels, urbanmode.com.

YOUR GATEWAY TO STRATHROY!

Century 21 Red Ribbon Realty (2000) Ltd. Brokerage

$247,500

MLS #516758

557 ANGES DRIVE, Strathroy, ON
Located in great North end location. 3 bedrooms with 2.5 baths. Home has very nice features: full ensuite, hardwood floors, gas fireplace, formal living and dining room, with an additional family room across the back. **Contact Nate Parsons, Broker of Record at 519-245-6700.**

$219,900

MLS #516028

100 RIDGE STREET, Strathroy, ON
3 plus 1 bedroom raised ranch. Walk out patio doors from basement to back yard. Inside entry from garage, also has a man door, basement to finish the way you like, rough in for second bathroom, Fridge,Stove,Washer and Dryer. **Contact Kim Banks Sales Rep. at 519-245-6700.**

$169,900

MLS #509700

356 HELEN DRIVE, Strathroy, ON
Well maintained home, dbl.garage, dining room opens to covered porch. 3bedrooms,4pcbath lower level large family room with gas fireplace, with walkout on ground level. Brand new High Efficiency furnace and Air conditioner (2012). **Contact Mario Garcia, Sales Rep. at 519-245-6700.**

$349,900

MLS #517420

28008 PIKE ROAD, Strathroy, ON
1/2 an acre lot, all brick 3 bedroom ranch home features an open concept kitchen/dining/living room with walk-out to the patio and beautifully landscaped & fenced rear yard. As a bonus there is an insulated 16'x30' workshop w/hydro. **Contact Jamey Cann, Sales Rep. at 519-245-6700.**

Happy house hunting

How much can you afford? First-time potential buyers should consider many different factors so they can become a more secure homeowner

TERESA CHIYKOWSKI
For Metro

It's an incredible exciting time in your life. You are finally ready to trade those rent cheques for mortgage payments but the question is, "How much can you really afford to spend?" This question becomes particularly important when you consider all factors, such as your income, debt load and expenses.

The answer is important. Knowing how much you can spend can help you narrow down your options and also make you a more secure homeowner.

Here are a couple of items that should figure into the calculation on how much you will be able to afford before making a final decision.

Gross Debt Service ratio looks at your proposed new housing costs (mortgage payments, taxes, heating and electricity costs and condominium fees, if applicable).

A general rule of thumb is that this amount should be no more than 32 per cent of your gross monthly income.

For example, if your gross monthly income is $5,000, you should not be spending more than $1,600 in monthly housing expenses.

Total Debt Service ratio (TDS) measures your total debt obligations (including housing costs, loans, car payments, and credit card bills).

Generally speaking, your TDS ratio should be no more than 40 per cent of your gross monthly income.

Debt service ratios aside, there is a general rule that you can follow to determine if a house is within your budget.

Gross Annual Income (your salaries, wages and taxable income before taxes) can be taken and multiplied by 3.4.

For example, if you have an annual household income of $70,000, you should be able to pay $238,000 for a home.

Online calculators

Many financial institutions offer online calculators to help you determine if you are ready to buy. While these online tools can be fast and easy to use, they don't take into account debt service ratios and other important costs associated with owning a home, such as home insurance, gas and electricity, property taxes, cable, internet and telephone.

If you are serious about buying and how much you can truly afford, it's worth your while to meet with a financial planner or real estate agent to uncover the hidden costs of owning your first home.

Do your homework before you buy your new home

TERESA CHIYKOWSKI
For Metro

Buying your first home? If you are ready to make that major move to mortgage from rent, there are some important things to consider, including the property type that's right for you.

URBAN CONDO

Does minimal maintenance and a carefree lifestyle appeal to you? If so, an urban condo is probably the ideal fit.

Pros: Shopping and entertainment are usually within walking distance — no wheels required. External maintenance costs are covered by your monthly condo fees, which makes home ownership much easier if you enjoy a busy lifestyle.

Cons: Monthly condo fees run hundreds of dollars. In many cases, a parking space can cost $25,000 to $30,000. If you work outside the city, you will have to incur commuting costs. Also, beware of any outstanding special assessments over and above what condo fees actually cover.

SINGLE-FAMILY HOME

If more space is important to you and being responsible for external home maintenance is not a concern, consider a single-family dwelling.

Pros: You will have space and privacy because you don't share a wall with neighbours. You also have the freedom to maintain your house and landscape your yard to suit your needs.

Cons: If you are buying an older house, be prepared to budget for unforeseen repairs and updates such as windows, roofing and furnace.

If you want a new house, complete with upgrades such as hardwood floors and granite countertops, consider this when preparing your budget. Upgrades can add up fast.

FREEHOLD TOWNHOUSE

Finally, if you want your own easy-to-manage home without condo fees, it's worth looking at freehold townhomes.

Pros: With a freehold, you own the home and the land around it and are not subject to monthly condo fees or the stringent rules and regulations set out by a central committee.

Cons: There is no central group that has power over the complex. As a result, exterior colours have no continuity, landscaping tastes and expectations diverge and other issues can arise.

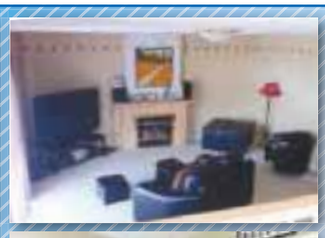
Some final words of wisdom: Before you decide to buy, do your homework, seek advice and ask questions. After all, it's one of the biggest purchase decisions you will ever make.

61 Winona Rd., Kilworth, ON

You will be impressed by this great 5 level sidesplit on huge corner lot with fabulous heated pool surrounded by stamp concrete. functional floor plan for any family. Huge eat-in kitchen with island, pantry, skylight overlooking family room with gas fireplace.

Look through glass/sliding doors and enjoy summers in your private oasis, 2 decks from different levels, 2 pergolas,professionally landscaped gardens with in-ground sprinkler system and of course the gorgeous heated in-ground swimming pool.

The second floor has 3 good-sized bedroom including master with 4 piece ensuite (double sink & Shower)4th level family room with fireplace and custom dry bar. **$369,900**



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Open house etiquette 101

COSTA POULOPOULOS
Ontario Real Estate Association Board

Over the years I've had numerous clients ask me if an open house is really necessary. Many wonder what value open houses bring to the home selling process.

I always advise clients to go ahead with an open house because when well executed, they do expedite the selling process. I have to say I'm always surprised at how often a seemingly casual visitor ends up making an offer on a property.

If you are putting on an open house, remember that you only get one chance to make a first impression so make sure that your home is in tip top shape. I can't count the number of times that I've seen serious buyers go through an open house and be turned off by messes, clutter and signs of disrepair.

If you are holding an open house, put your best foot forward by making sure your home is spotless, uncluttered and depersonalized so buyers can picture themselves living in the space.

When it comes to attending an open house, remind yourself that you are a guest in someone's home. Make sure that you follow these etiquette tips:

- Be polite: Remove shoes, don't consume food unless offered and never use the washroom during an open house.
- Honesty is the best policy: Sign in with your real contact details and if the seller's Realtor asks, let them know if you are working with a Realtor.
- No spying: Look in closets, drawers and cupboards, but don't snoop. Always ask before taking pictures or videos.
- Ask questions: An open house is a great opportunity to learn more about the property and the neighbourhood, so take advantage.

For more information on open house etiquette, please visit howrealtorshelp.ca.

You only get one chance to make a first impression — make it count!
ISTOCK IMAGES

TOP PHOTO GROUP/THINKSTOCK

Tips for saving money

1 Shop around for a mortgage. A 0.5 percentage point might not seem like much at the time, but it will save you thousands of dollars over the life of your mortgage.

2 Get a home inspection. If the home inspector identifies issues (e.g., poor insulation, leaky foundation) you might be able to renegotiate the purchase price to cover these repairs.

3 Shop for a lawyer. As with any service, legal fees can vary significantly. Consider using someone who specializes in real estate law since rates can be more competitive.

4 Put yourself on a budget and stick with it. There are a number of unforeseen costs that will arise and you want to be ready for them.

5 Forego mortgage insurance. You are farther ahead to increase the term insurance for the amount of the mortgage. The premiums are often less and the payout will be greater.

TERESA CHIYKOWSKI

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Many factors determine down payments

TERESA CHIYKOWSKI
For Metro

If you are buying a home for the first time, how much of a down payment will you need to seal the deal? Generally, down payments will range from five per cent to 20 per cent.

The minimum down payment depends on a number of factors, such as the type of home, but it is at least five per cent of the purchase price of the home.

For example, to buy a $300,000 home, you will need a minimum of $15,000 as your down payment.

It's important to know that if your down payment is less than 20 per cent, you will be required to pay mortgage default insurance. The insurance premium will vary depending on the percentage you have as a down payment. The higher your down payment, the lower your mortgage premium will be. Usually, mortgage default insurance premiums range from 0.5 to three per cent of the borrowed amount.

If you are buying a home for the first time, it's important to find you how much of a down payment you will need.
STOCKPHOTO/THINKSTOCK

Yes, there is help out there

Although it can seem a little daunting to come up with a lump sum of money this large, you shouldn't despair if you are a first-time homeowner.

The government offers incentives to help first-time homebuyers realize their dreams.

Home Buyers' Plan

If you are eligible, you can withdraw up to $25,000 tax free from your registered retirement savings plan to purchase or build a qualifying home. To qualify as a first-time homebuyer, you cannot have owned a home as a principal residence for four years before the date of the withdrawal of funds. If you use this plan, you will have to start repaying the amount two years after withdrawing the funds; the entire quantity must be entirely repaid within 15 years.

Home Buyers' Tax Credit

You are eligible to claim an amount of $5,000 for the Home Buyers' Tax Credit. This provides up to $750 in federal tax relief.

You qualify if you have not lived in another home owned by you or your spouse or common-law partner in any of the four preceding years and you acquire a qualifying home.

To learn more about mortgages and down payments, visit the Canada Mortgage and Housing Corporation website (cmhc-schl.gc.ca).

Feature Home

17752 OLIVER DR, THAMES CENTRE, ON, $949,900
With 277.27 ft of lot frontage this New England home with its board & baton siding with complimentary stone exterior is set back behind an incredible buffer of lush greenery & trees. There is an attached 3-car garage 37.5 ft x 25.5 ft offering an inside entry to the main house & lower level.

Outside we have a 3-car detached carriage house that is 36 ft x 24 ft with a full loft featuring an inside entry.

A fantastic large kitchen is perfect for family gatherings and entertaining guests.

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Judy Robinson, Sales Representative at 519-438-2222

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DEALING WITH TENANT BOARD DECISIONS

THINKSTOC

After a Landlord and Tenant board hearing, if you think that there is an error in the order, or you were not given the opportunity to participate (e.g. the applicant didn't make you aware of the application as they were supposed to), you may have some options available to you.

Depending on your situation, you might be able to file a motion to set it aside; request an amendment because of a clerical error; request a review because of a serious error; or appeal the decision to the courts because of a legal error.

If you want to know more about how these processes work, you should contact the board. If you want to know which of these processes is appropriate for your specific situation, you must get legal advice. You can find a list of website links to other organizations that provide information to landlords and tenants and may offer legal assistance.

In most cases, the Residential Tenancies Act requires an applicant to give the respondent a copy of the application and a copy of the Notice of Hearing. However, in some cases, the Act allows an application to be made ex parte – which means a decision is made without giving any notice of the application to the respondent and without holding a hearing. This means that the respondent will not be aware that an application has been made until after they get a copy of the order from the Board.

An ex parte order can be issued if an application has been made for one of the following three reasons:

1 The tenant has given a notice to terminate or has agreed to move out, or

2 An order or a mediated agreement allowed the landlord to file an ex parte application, if the tenant did not follow specified conditions, or

3 A tenant filed a motion to void an eviction order for non-payment of rent because they made the required payment before the landlord could go to the Sheriff.

If there is a problem with the order, (e.g. the tenant says they did follow the conditions in their mediated agreement), the tenant (for reasons 1 and 2) or the landlord (for reason 3) may file a set aside motion. The set aside motion must be filed within 10 days of the date the ex parte order was issued.

The Board will hold a hearing to consider the motion. Orders issued by the Board are legally binding decisions - they must be obeyed. If one person is ordered to pay the other person money and they do not, then the person who is owed the money can file the order with Small Claims Court to have it enforced.

Orders issued by the Board are legally binding decisions – they must be obeyed. If the tenant is ordered to leave by a specific date and has not, then the landlord can file the eviction order at the Court Enforcement Office, pay the applicable fee, and ask the Sheriff to remove the tenant from the unit.

The Sheriff will usually give the tenant a notice that tells them the date they will come to the unit to evict the tenant. If the tenant has not moved out by that date, the Sheriff will go to the unit and remove the tenant from the unit. The locks on the unit can then be changed.

Only the Sheriff can evict a tenant who does not leave a unit as directed by an eviction order issued by the Board.

— COURTESY LANDLORD AND TENANT BOARD

LTB.GOV.ON.CA

SPORTS 4

Blue Jackets Finnish with a bang in grabbing Gaborik

Trade deadline. Columbus GM Kekalainen swings deal to bring in sniper Gaborik from Rangers

Columbus Blue Jackets rookie general manager Jarmo Kekalainen made an unexpected splash Wednesday at the NHL trade deadline.

The Finnish-born Kekalainen — the NHL's first European general manager — acquired sniper Marian Gaborik from the New York Rangers prior to the 3 p.m. deadline. It was a bold move for a GM whose club is 11th in the Western Conference but just one point behind eighth-place St. Louis.

"Throughout this process our focus was to add a player who could provide a boost to our offence, improve our goal scoring and power play, and we identified Marian Gaborik as the player we wanted," Kekalainen said. "He has been an elite goal scorer in this league for many years and we are very excited to have him."

Columbus also received defencemen Blake Parlett and Steve Delisle from the Rangers for forwards Derick Brassard and Derek Dorsett, defenceman John Moore and a 2014 sixth-round pick.

Gaborik, 31, has nine goals and 10 assists in 19 games but registered 41 goals and 35 assists in 2011-12 and has reached the 40-goal plateau three times. But the Slovak also had a tumultuous tenure in New York, benched often by Rangers coach John Tortorella for defensive miscues.

The veteran left-winger has 333 goals and 333 assists in 757 career games with Minnesota and New York. The three-time all-star is also an expensive addition, in the fourth year of a five-year, $37.5-million US contract.

In all, there were 17 deals involving 30 players.

Kekalainen also acquired forward Blake Comeau from Calgary for a 2013 fifth-round pick and goalie Patrick Killeen from Pittsburgh for future considerations. He also sent goalie Steve Mason to Philadelphia for goalie Michael Leighton and a 2015 third-round pick.

Mason was 3-6-1 in 13 games with Columbus, posting a 2.95 goals-against average and .899 save percentage. Mason, the NHL's top rookie in 2009, has appeared in 232 career games with a 2.90 GAA and .903 save percentage.

THE CANADIAN PRESS

Marian Gaborik scored 41 goals and 76 points in 82 games with the Rangers last year. But this season his production has dipped with nine goals and 19 points in 19 games, and his plus-minus has fallen from plus-15 in 2011-12 to minus-8 in 2013. ELSA/GETTY IMAGES

Elsewhere on Tuesday

- The Ottawa Senators traded goalie Ben Bishop to the Tampa Bay Lightning for rookie centre Cory Conacher and fourth-round pick.
- The Buffalo Sabres traded captain Jason Pominville to Minnesota. The Wild sent prospects Johan Larsson and Matt Hackett plus a first-rounder in 2013 and a second-rounder pick in 2014 to the Sabres for Pominville and a fourth-rounder in 2014.
- The Toronto Maple Leafs acquired defenceman Ryan O'Byrne from the Colorado Avalanche for a fourth-rounder.
- The Pittsburgh Penguins added Jussi Jokinen from the Carolina Hurricanes for a conditional sixth- or seventh-rounder in 2013.
- The San Jose Sharks added toughness and defensive depth, dealing draft picks for forward Raffi Torres from Phoenix and Scott Hannan from Nashville.

'My contract sucks': Luongo stays a Canuck

Roberto Luongo GETTY IMAGES

The NHL trade deadline passed with Roberto Luongo still in Vancouver, and the Canucks goaltender gave a refreshingly blunt answer for a possible reason why.

"My contract sucks," Luongo said with uncommon candour at a news conference Wednesday. "It's a big factor in trading me and why I'm probably still here. I'd scrap it if I could right now."

Luongo, who has 10 years remaining on a 12-year contract worth $64 million US, asked for a trade in the off-season after being supplanted by Cory Schneider as the No. 1 netminder in Vancouver.

Despite being the subject of months of trade rumours, Luongo will remain with the Canucks for the rest of the season, serving as Schneider's backup.

Vancouver general manager Mike Gillis spoke with five teams in the past six months, but no deal could be made.

"I do feel obligated to trade Roberto and get him into position where he's happy and competing the way he likes to and the level he's accustomed to," Gillis said. "The needs of our team also play a role in this. Trying to balance them is a difficult thing."

Gillis said getting the right compensation in return has been the biggest stumbling block in dealing the 34-year-old netminder. He also said that there have been deals on the table that Luongo turned down, since he has a no-movement clause. THE CANADIAN PRESS

Women's championship

Wickenheiser, Ouellette out with injuries at worlds

Captain Hayley Wickenheiser and assistant captain Caroline Ouellette did not play in Canada's game against Switzerland at the women's world hockey championship on Wednesday in Ottawa because of upper-body injuries.

Head coach Dan Church said their status was day-to-day. He made the decision to scratch the forwards from the lineup prior to the game.

Wickenheiser skated to the bench and walked to the locker-room in the second period of Canada's 3-2 shootout win over the United States on Tuesday night.

THE CANADIAN PRESS

MLB

Tigers' ninth-inning tumble sends Twins to win

Eduardo Escobar's two-run double with one out in the ninth inning lifted the Minnesota Twins to a 3-2 victory over the Detroit Tigers on Wednesday. THE ASSOCIATED PRESS

Eduardo Escobar celebrates a walk-off double with his Twins teammates on Tuesday in Minneapolis. GETTY IMAGES

MLB

"He was nasty.... His ball was moving all over the place."

Texas coach Ron Washington on Wednesday, the day after opening-day starter Yu Darvish came within an out of becoming the second Ranger ever to pitch a perfect game.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You may be down because you have not accomplished as much as you had planned but there is really no point moaning about it. Just set new targets and get on with your life.

♉ Taurus
April 21 - May 21
You will need to compromise today, especially where money is concerned. It does not matter what your feelings are, it matters only that you reach an agreement with those who hold the purse strings.

♊ Gemini
May 22 - June 21
Be careful what you say over the next 24 hours as the planets warn someone could take your words the wrong way. You know how touchy some people can be and how easy it is to lose friends.

♋ Cancer
June 22 - July 23
Before you do anything else today, remind yourself that you are the boss. If you want to change your plans because your mood has changed that is entirely up to you. Friends and family should know you by now.

♌ Leo
July 24 - Aug. 23
The choices you make over the next few days will have a huge impact on the direction your life takes over the next few months. Don't be afraid to commit yourself to a creative project. You can make it work.

♍ Virgo
Aug. 24 - Sept. 23
Your time is precious, so don't waste it on trivial things and trivial people. You know what you should be doing — you can feel it in your bones — so get on with it. It's all about setting the right priorities.

♎ Libra
Sept. 24 - Oct. 23
You need to have words with someone who has let you down. You need to let them know you are not amused. Don't accept excuses but don't make them feel too bad either. You're still friends after all.

♏ Scorpio
Oct. 24 - Nov. 22
You feel a bit tired after all the comings and goings of the past few days and should treat yourself to a break. Remember the law of diminishing returns: past a certain point, it's futile to work harder.

♐ Sagittarius
Nov. 23 - Dec. 21
If you merely assume that things will turn out right, they may. But they could just as easily go wrong. Ask yourself what you can actually do to ensure the desired result — then do it.

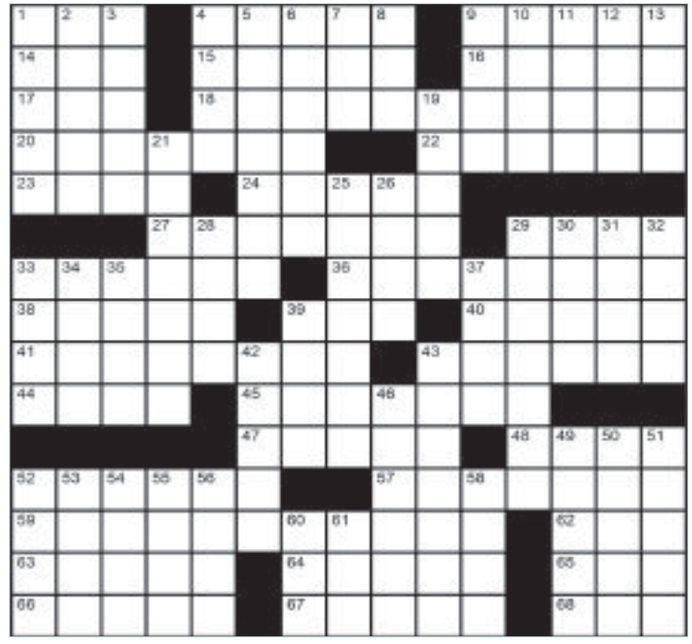
♑ Capricorn
Dec. 22 - Jan. 20
The only thing that can hold you back now is a lack of self-confidence. Others may think you are supremely assured but there is in fact a major doubt nagging away inside you. Deal with it quickly.

♒ Aquarius
Jan. 21 - Feb. 19
Everything you say and do has an effect on other people, even people you don't know personally, so think before you speak and act. On a cosmic level, you are responsible for others as well as yourself.

♓ Pisces
Feb. 20 - March 20
If you want to succeed, you need to be aware not only of areas where you are good but also areas where you are not so good. What are your weaknesses? SALLY BROMPTON

Crossword: Canada Across and Down

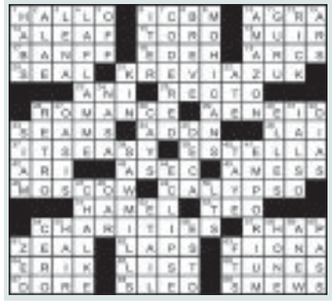
BY KELLY ANN BUCHANAN



Across
1. Tuktoyaktuk locale, for short
4. __ Current, Saskatchewan
9. Superman's father on the planet Krypton, __-__
14. 1988 Poison album: 'Open Up and Say... __!'
15. Chocolate source
16. TV teaser
17. Spirit's sound
18. Michael J. Fox TV role, __ _. __
20. Country singer Ms. Lambert
22. Church: French
23. "Say it __ so!"
24. Pointed arch in architecture
27. Bug
29. Superlative suffix
33. Change the house's topping again
36. Outfit
38. On-the-road reversal
39. Surgery sites, for short
40. Cook's garb
41. Shakespearean tragedy, Troilus and __
43. Soldiers
44. Larry __ (Tony's original portrayer on Broadway in West Side Story)
45. Negations
47. Bar, legally
48. Dutch cheese
52. Layers combed for fossils
57. Fashion designer, Donatella __
59. Tourist-to-Canada's book: 2 wds.
62. Spelling contest
63. Mysterious
64. Per __ (Yearly)
65. Pen name?
66. Honey drinks
67. Uses the horn
68. Olympian, e.g.

Down
1. One of The Judds
2. "__ __ it?" (Asked at the door)
3. Rose's one-of-some
4. All-in-one printer function
5. "The Muppet Show" hecklers, Statler & __
6. Pleistocene event: 2 wds.
7. All-in-one printer function
8. Shirt
9. PC image file format
10. Spoken
11. Roast: French
12. Namesakes of funnyman Mr. Philips
13. Sole
19. Doesn't discard
21. If everything else fails: 2 wds.
25. Repetitive
26. Some delivery vehicles
28. Particles
29. Puts upon
30. River of Spain
31. Food-like food
32. Some money bills
33. Tip to 'sack' (Backpack)
34. Raison d'__
35. Penitent person
37. "My Name Is __"
39. Poetic pieces
42. Model of perfection
43. Like wrists and ankles for some athletes: 2 wds.
46. Backstage mentor on "American Idol", Jimmy __
49. Part of Fred Flintstone's exclamation!
50. Do well, for instance, on an exam: 2 wds.
51. __ Lake Accord
52. Originate from
53. __-planting ceremony
54. ___ avis (Rare bird, Latin style)
55. Keen
56. Kicker's pegs
58. Sleep stages, commonly
60. Make small talk
61. French article

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2	4					6		3
	3	6	4				5	8
7			3	5			9	
			9		8	1	7	
		4		7		8		
	7	8	2		1			
	5			2	9			1
3	1				4	2	6	
8		2					4	7

Yesterday's Sudoku

7	2	9	1	6	5	8	4	3
4	5	3	8	9	7	2	1	6
6	1	8	2	3	4	9	7	5
3	6	1	4	5	9	7	8	2
9	7	2	3	8	1	6	5	4
5	8	4	7	2	6	1	3	9
8	9	7	6	4	3	5	2	1
2	3	6	5	1	8	4	9	7
1	4	5	9	7	2	3	6	8

Today
9°/-2°
Sunny

Friday
5°/-4°
Partly cloudy

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